

Course Project Milestone 2 Template

Directions: Carefully review Course Project Milestone 2 Guidelines and rubric requirements.

Name: _____

Define the Approved Patient Scenario

Ann, a 30-year-old woman who wants to reduce weight and eat healthier because she added 40 pounds above her ideal weight in the last 2 years, is the approved patient scenario. She started noticing she was gaining weight, which worried her because she had relatives who were obese. The patient attempted to eat fewer and healthier foods they enjoyed, but she kept putting on weight and was above her optimal weight. Due to her hectic schedule, Ann said that she occasionally eats junk food. Additionally, she consumes more energy drinks and soda than water. The woman needs advice on healthy eating and weight loss to maintain her fitness. She must understand how to diet correctly, reduce weight, and consume healthier foods. She knows that if she does not pay close attention to her eating habits, she will gain more weight. She wishes to control her behavior at home and the workplace by using a healthy diet and weight reduction. She is excited to start the program and learn about losing weight, healthier eating, and any applications she may use. The patient is ready to be taught about the various interventions for weight loss and healthy eating.

Identify Teaching Areas related to the mHealth app

- Information
 - The healthcare professional should inform patients about the MyFitnessPal mobile health app, which was chosen because it tracks calories, breaks down ingredients, logs activity, and lets patients determine their goals (MyFitnessPal, 2009).
 - With the help of the mHealth app MyFitnessPal, users may choose from a reasonably large food database and keep track of their daily caloric intake.
 - Individuals must manually record every meal and drink they consume daily or link them to fitness applications and trackers enabling such activities.
 - Users can keep tabs on metrics like calories, food, and weight under the free membership plan. However, premium accounts access additional data, like the macronutrients the users eat.